

MARCH 2016

EBBETT HOLDEN **NOT NEW BUT NEARLY!!** ONLY FOUR MONTHS OLD **SAVE THOUSANDS!!** SEE PAGE 28

Seminar explains options for retirement living

The retirement village industry is big business and is going to get bigger for at least the next 30 years.

An upcoming Hamilton seminar, hosted by the Commission for Financial Capability, will help to explain the options to those planning for their retirement.

New Zealand, along with much of the western world, has an ageing population. This is partly a result of the ageing of the great post-war 'baby boom' generation - roughly those born between 1945 and 1960, the impact of effective oral contraceptives from the early 1960s and social trends and economic pressures which have resulted in smaller fami-

lies.

New Zealand Retirement Villages data 2014 shows the number of people aged 65 and over will rise by 160 percent by 2061 when the group will make up about 26 percent of the population or 1.55 million people.

Statistics NZ figures show that by 2034 about 315,000 people will be accommodated in retirement villages.

Waikato University senior lecturer Dr Mary Simpson completed her PhD on the Transformations in the New Zealand retirement village sector.

Dr Simpson said the retirement industry had come a long way. A century ago there were 'refuges' for old men and old women, and old folk's homes which were run more like boarding hostels. The earliest of what could be seen as

'modern' retirement villages began to spring up in the US in the 1950s and in New Zealand from the early 1980s.

Today the developers of retirement villages target people with assets; look for areas with growing numbers of older people, rising real estate values and good local amenities.

"You have to look at both ends of the issue. There are many people who absolutely love living in a retirement village. Often it will give them a standard of living they have never experienced before.

"However, people need to realise what they're getting into. The spectrum of opportunities runs from a freehold unit in a body corporate, through

Continued on page 8

Rush to centre pages

- **Hamilton Committee election - Nomination form**
- **New membership - application and renewal**

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Neck pain – how it can be prevented and some simple stretches for relief

FROM KRISTINA JESSUP

High performance and rehabilitation consultant, UniRec.

A stiff or wry neck can occur for many reasons – repetitive working conditions, sleeping in an unnatural position, and extensive computer usage to name a few.

Other factors such as emotional tension and incorrect breathing techniques can also contribute to the problem.

Fortunately, there are a number of easy ways to prevent neck pain; including:

- Use a pillow which allows your neck to remain in alignment when you are lying on your back or your side. If the pillow is too high, it will flex your neck too far forward and can contribute to rounded shoulders and straining of the neck or shoulder muscles.

A pillow which is too low can also cause strain to your neck musculature. If you lie on your side when you sleep, it is recommended to use a pillow which keeps the spine in its ideal alignment.

If you sleep on your back, it is recommended to use a pillow which is slightly lower (but still offers sufficient neck support).

- Breathe through your diaphragm, rather than your chest. To help learn how to correctly do this, try sitting on a chair with ideal posture, placing one hand on your stomach and the other over your chest.

As you inhale, breathe through your diaphragm. You should feel your stomach get 'fatter'. As you exhale, you should feel your stomach go back to the resting position. Throughout the breath, you shouldn't feel your chest rise and fall (and if you do, it should be very minimal).

- During the day (particularly when driving or using a computer) try breathing deeply while you actively relax your shoulders and pull your shoulder blades downward and backward. The position of your shoulders can have a big impact on the likelihood of experiencing neck pain in the future.

For those currently suffering with a stiff neck, try the following motions to help relieve tension:

- **Backwards shoulder rolls** – Either seated or standing, lift your shoulders gently toward your ears, and then slowly roll them back down towards the resting position. Repeat this five to ten times. Note: Avoid forward shoulder rolls if you have poor posture or rounded shoulders

Neck side flexion – Keeping your neck long and looking straight ahead, slowly lower your left ear to your left shoulder (keeping your nose up) and then gently do the same on the right side. Repeat five to ten times each side.

Note: Don't let your head rotate and keep your neck in alignment (using a mirror may help).

Look over your shoulder – A simple yet effective way of maintaining full neck rotation (which is very important when driving), look straight ahead, keeping your neck long, and slowly move your face to look over your shoulder as best you can. Repeat five to 10 times each side.

Forward arm raises – Either standing or seated, with correct posture, slowly lift your arms out to the front (palms facing each other) as high as possible.

During the whole movement, keep your shoulders back and down.

Repeat 10 to 15 times.

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Have your say – join the committee

Another year, another **Mag.** This one is important as the centrefold contains your blue rejoining form for 2016 and a nomination form for the election of officers for the coming year at Grey Power.

This is the last issue before the Hamilton Grey Power elections so if you are seeking a position on the committee ensure your name is submitted on the enclosed nomination form with your seconder included. We would welcome you at the AGM on Monday, May 30.

Even if you don't stand for a position, come along and have your say in the selection of the committee.

As well, we would like your help with input into the magazine content.

We would like to make your magazine the best in the area so your assistance is such as: letters to the editor, favourite recipes, and an LOL (laugh out loud) joke page to share your funnies or your human interest stories.

On a sadder note, long time member and committee member Barry Cope passed away recently aged 73, he



grow our membership so please spread the word.

Grey Power offers good companionship, four national and four local magazines through the year, a discount book, Monday morning speakers, bus trips, advocating at local council and regional council level, and assistance with any other issues you may have.

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We look forward to seeing you this year.

was our energy spokesperson and was well regarded for his expertise on many matters.

RIP Barry.

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Monday seminars back after a summer break

Grey Power Hamilton seminars have started again after a break during December, January and February.

The seminars are held on Monday mornings from 10.30am to 11.30am in the Celebrating Age Centre at 30 Victoria Street in Hamilton.

Every effort is made to get interesting speakers on a wide range of topics. There is no charge to attend.

Come along and you will learn something new at each seminar. People, more than 50 years of age who are not members of Grey Power, are cordially invited to come along as guests.

You can be sure of a warm welcome.

There is now a cafeteria in the Celebrating Age Centre. People attending the seminars are welcome to have morning tea. Lunch is also available in the cafeteria at a reasonable price.

Lucky winners

Winners of Simon and Alison Hosts 'Complete Home Baking Collection'; Doris Rathcliffe, Brigitte Watson, Richard Bently, Carolyn MacKenzie, and Raewyn Boyd.

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29 Feb Kevin Holmes, NZ Fire Service - Keeping safe in your home.

7 Mar Newsletter mailout. Starts at 9.00 am.

14 Mar Tony Ratcliffe - Circus memories of the famous elephant man.

21 Mar Roger Hennebry - President, Hamilton GreyPower,

28 Mar No Seminar - Easter Monday.

4 Apr Waikato Regional Council - Annual Plan.

11 Apr Trisha O'Neill - Enliven Waikato.

18 Apr Stephen Parkinson - True Colours Children's Health Trust.

25 Apr No Seminar - Anzac Day Holiday.

2 May Jack Thomas - History of Airline Booking Systems and travel tips.

9 May Julie Nelson - The People's Project - Helping the homeless people of Hamilton.

16 May Gus Flower, operations manager, Hamilton Gardens.

23 May To be announced

30 May Hamilton Grey Power Annual General Meeting

6 Jun No Seminar - Queen's Birthday Holiday

13 Jun Newsletter mailout. Starts at 9am

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Seminar explains retirement living options

From page 1

lease and rental options often of the sort offered by charitable organisations and local authorities, to units offered on a Licence to Occupy basis by the big village operators.

"One issue is the failure by some to see retirement village living as anything other than property investment. It is not. Retirement village living is a service that residents pay for both up-front with the Occupation Licence and with ongoing fees. Many residents have been caught out on this.

"That said, many others know exactly what they are buying -- a place to live that they don't own, along with expectations of joining a community of like-minded people and having a sense of social wellbeing and security.

"Another issue not commonly considered by potential residents is that they are entering into a commercial relationship with an organisation

which often has stakeholders, shareholders and obligations - such as returning a profit on investment."

Imelda Corby is chair of the Waikato section of the Retirement Villages Residents Association of New Zealand Association.

An incorporated society the association was formed to promote and protect the rights of village residents and the Waikato branch works to provide a forum for residents in 23 villages in Hamilton, Cambridge, Te Awamutu, Thames and Te Kauwhata.

The group has held its first AGM and Waikato has the job of identifying issues of importance to residents - which have to come from the residents and be relevant to legislation governing retirement villages, she said.

Her own experience is an example of one possible option in the retirement villages.

A former social worker for

Waikato Hospital she often worked with older people and could see what was coming.

"I didn't set out to find a retirement village but tagged along with a friend. I was living alone in my own home. But the house needed a bit of work and the neighbourhood was changing."

Ten years ago she found a self-contained unit in a Hamilton village with nice views of the hills to the west for \$208,000.

"The nice thing is you can live your own life. I have good friends. There is good security and people respect the space."

As is the case in many villages, Imelda bought a Licence to Occupy. She does not own the unit. When the day comes she has to move on, possibly into care, the operator will take 30 percent of the original value for 'refurbishment'. Her unit's most recent value was put at \$280,000. The operator keeps the capital gain. Some operators offer to share the capital gain. Imelda said there were many additional charges and fees levied on residents and anyone interested in getting into a retirement village was required under the Retirement Villages Act to seek competent legal advice.

"Retirement village life is a lived experience. There are too many fish hooks to get your head around by yourself before you get in."

A trend in retirement villages of recent years had been the gradual rise in the minimum age. Where it was 55 at one time, the minimum age had risen to 65 and was now often 70 and 75 in some villages.

"The difference is that with

people around 55 to 65 you have a more active village. The activities are designed for more active people. Residents aged more than 75 start to become a lot less active. They can be great people but it's a different concept altogether," Imelda said.

The Commission for Financial Capability, (the Retirement Commission) with the support of the Retirement Villages Association and experienced legal practitioners, will hold a free seminar in Hamilton on April 13.

These seminars are for intending retirement village residents and their families and focus on things to consider before choosing to live in a retirement village and practical tips before you sign up to live in a retirement village.

Speakers from the Commission, Retirement Villages Association and legal profession will discuss types of retirement village structure, costs and operations. The seminars will also explain some important residents' rights and where you can find out more information.

The seminars are 90 minutes long and include plenty of dedicated question and answer time throughout the event. Tea, coffee and light refreshments will be provided. Places are limited, so registration is essential.

The Hamilton seminar will be held in the Hamilton Workingmen's Club, 45 Commerce St Hamilton, 10.30am to noon, Wednesday, April 13. For further information or to register your attendance, call 0800 268 269.



FREE PUBLIC SEMINAR – THINKING OF LIVING IN A RETIREMENT VILLAGE

The Commission for Financial Capability is holding a free public seminar in **HAMILTON** on Wednesday **13 April** at the Hamilton Workingmen's Club, 45 Commerce Street, starting at **10.30am**. (10am for tea)



The seminar will be of interest to anyone thinking of living in a retirement village (and their support people, family). We discuss, neutrally and objectively, some of the personal, legal and financial matters in making the decision to become a village resident or not.

It is a free event, and materials (and tea) are provided – so people must register.

Full details of the event and how to register on-line are here:

<http://www.cffc.org.nz/retirement/retirement-villages/>

**People can also register easily by calling
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First World War project seeks 'citizen historians'

A GLOBAL PROJECT HAS BEEN LAUNCHED WHICH WILL RESEARCH THE LIVES AND WARTIME SERVICE OF 'GEORDIES' - FROM THE NORTH-EAST OF ENGLAND - IN THE ARMIES OF AUSTRALIA, NEW ZEALAND, NEWFOUNDLAND, AND CANADA DURING THE FIRST WORLD WAR.

■ Dominion Geordies in World War One' - funded by the Arts and Humanities Research Council - will seek to 'crowdsource' research by recruiting volunteer researchers in New Zealand and overseas.

Dr James McConnel, History Lecturer at Northumbria University, explained:

"The first stage of the project will involve collecting information that will help us build a comprehensive and fascinating insight into the stories of so many of the local men and women of the North East who, having left their native land in the three decades or so before the war,

found themselves volunteering to return and fight for the homeland in the campaigns of the war across the world.

"By better understanding their complex identities, we hope to get a clearer picture of a fascinating aspect of the First World War that has been almost completely forgotten."

Take, for example, John George Huntly Wood. He was born in Blythe, Northumberland, and grew up in North Shields. He worked as a merchant sailor before entering the medical profession and training at the Royal Victoria Infirmary in Newcastle-upon-Tyne as a surgeon. When the war

began, he was in New Zealand practising as a doctor and joined the New Zealand Medical Corps. He died serving in Egypt.

The research will consider not only individual 'migration histories' like these, but also the way that individuals and communities saw their own identities - as 'Geordies' and Britons, but also Australians, Canadians, or New Zealanders.

The information for the database will be gathered by 'citizen historians' and the 12-month project is open to anyone - all you need is an interest in the First World War.

Using this information, the project organisers plan to produce a short film and write a number of research papers in order to profile the men of the North-East who fought in the armies of the Dominions. "It will be an interesting and

challenging project to work on," said Dr McConnel.

"And we want to get as many people as possible involved - from experienced researchers to first-time historians. Participants will have the opportunity to learn the skills necessary to research the lost stories of these service men and women's lives and to work with other researchers across the world.

"We are confident that anyone who can take the time to learn just a little about the scale and impact of the war will be encouraged to play a part in the project."

To volunteer to be part of the 'Dominion Geordies in World War One' project or for more information, please visit <http://dominioneordiesinww1.co.uk/> or contact james.mcconnel@northumbria.ac.uk



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Toppings for sweet and bran muffins



Try these delicious toppings from Simon and Alison Holst's book 'The Complete Home Baking collection' to add something really special to your favourite muffin recipe.

Toppings for Sweet and Bran Muffins

Rum Butter; Beat or process together 100gr of softened butter, 1 cup of brown sugar, 1tsp freshly grated nutmeg and 2 tbsp of rum, until light and creamy. Serve at room temperature. Just wonderful on any sweet or bran muffin.

Brandy butter; Replace the rum with brandy in the recipe and leave out the nutmeg

Cinnamon sugar; Shake together in a screw top jar, ¼ cup of brown sugar, ¼ cup white sugar, 1Tbsp cinnamon. Sprinkle ½ to 1 tsp over each muffin before baking.

Toppings for savoury muffins

Horseradish cream cheese; Mix together ¼ cup of cream cheese and 1 tbsp of grated horseradish (fresh or bottled) to taste. **Herb butter;** Foodprocess or mix 100gr softened butter and ½ to 1 cup of chopped fresh herbs.

Add ¼ - 1 cup of finely grated Parmesan cheese if you like.

Vegetable and bacon slice:

From Gluten Free Magazine's photo. While the number of gluten allergic people is not huge, many people find they feel better when they restrict the amount of gluten in their diet.

Whether or not you choose to restrict gluten this recipe makes a delicious meal served hot with vegetables and can be enjoyed for lunch the next day too served with a crisp salad.

Vegetable and bacon slice:

6 eggs
1 large zucchini grated
1 carrot grated
1/2 onion finely diced
1/2 cup grated cheese
300g thinly sliced bacon
Pinch of nutmeg and baking powder
Salt and pepper to taste

Beat the eggs in a large bowl add nutmeg, salt, pepper and baking powder. Then softly stir all ingredients together. Place in lined tin and bake for 25mins at 180 degrees.

Then slice for dinner or lunch



Here's a great idea



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Commercial air conditioning requires extensive design and installation. Heading up our design team, Don Hollingsworth brings over 30 years of HVAC experience to Eastside and is a qualified mechanical engineer. He and the team can design air conditioning and ventilation systems to suit both residential and commercial buildings of any size.

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The service department at Eastside focuses on air conditioning and refrigeration, with some work in ventilation. The team also service and maintain many specialised sites, including large cool rooms, blast freezers and specialised medical and scientific equipment. There is a rostered 24 hour, 7 day emergency call-out system for existing commercial clients.

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meet some of the team



Richard Johnston
Managing director

With over 30 years industry experience, Richards role includes HR & GM duties as well as supervising the domestic and light commercial sales, and installation teams.



Don Hollingsworth
Director

A design engineer with REA and NZCE-HVAC qualifications and over 30 years experience, Don handles the design, estimation and project management of all larger commercial projects.



Simon Gunn
Service manager

A qualified Refrigeration Engineer with 20 years experience, Simon leads a team of 9 servicemen and apprentices.



Shaun Livingstone
Sales

Shaun has been with Eastside since 2005 and has 20 years experience in the fast paced retail environment. Talk to Shaun about domestic and light commercial heat pumps.

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AGM COMMITTEE ELECTION

Nominations are hereby called for, in this Association, for election at the Annual General Meeting to be held on May 30, 2016 at 10.30am.

COMMITTEE MEMBERS ARE REQUIRED

REMEMBER, only financial members may nominate, be nominated or vote at the AGM.

If you have not renewed your subscription, your membership will expire on March 31, 2016. Your new card(s) will have a **blue sticker** which expires March 31, 2017.



I hereby nominate _____
for Hamilton Grey Power Committee.

I hereby accept nomination _____ (Signed by nominee)

Print name of nominator _____ Signature _____

Membership No _____

Nomination seconded _____ Signature _____

Membership No _____

**Please send this completed nomination form to the
HAMILTON GREY POWER OFFICE, 30 Victoria Street, Hamilton
by Wednesday, May 25, 2016**

This form may be photocopied for purposes of nomination, but all nominations received must have original signatures of all parties. All nominations will be presented to the committee before the Annual General Meeting on May 30, 2016. Where there are more than fifteen nominations, a vote will take place in accordance with the Constitution.

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AS WE AGE THERE ARE CERTAIN OBVIOUS CHANGES THAT OCCUR.

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We want to continue as we have in the past. Our minds are sharp and we still feel as though we are fifty.

However there are also less obvious changes that are occurring and if neglected can really compromise your quality of life, putting a stop to many outings and both social and physical activities.

Do you have complete control over your bladder or does it control you?

Are you ever anxious that you might wet yourself? Do you worry where the next toilet may be?

Do you need the toilet often?

Do you minimise your fluid intake to stay safe?

Do you have nights interrupted by toilet visits? Do you need to wear pads or liners? When these changes start to occur it is common for people to moderate their activities to avoid being left in a compromising situation. The issues are private and often not shared.

They will not go away and the consequences will gradually get worse.

Pelvic floor neglect is not unusual. Various strategies are implemented to cope and disguise the problem. You may now be living with

a "bossy bladder" and undignified damp patches. If you have lost control of your most intimate body functions – it does not feel good. It leads to decreased confidence, lowered self esteem, fear of embarrassment and loss of spontaneity. Being spontaneous makes us feel young.

Brenda Holloway is a private physiotherapist who

has been specialising in women's pelvic floor dysfunction since 1991.

"Make maturing with dignity your option of choice. Do not assume that this will happen without some input from you. With information, education and intent you can be proactive and regain ownership of these issues. Seek help and do it now."

Health report

FROM DAWN SMITH

The advocacy standing committee of Grey Power in its 2014 annual report at the AGM in Invercargill identifies a major goal is to: "Take a leadership role in the public debate on significant issues."

This has immediate implications for health related to older New Zealanders in the areas of - elective surgery waiting lists, cataract surgery, the high cost of funding cataract surgery privately, cost of hearing aids, dentures and dental care, also the variable costs of doctor visits (\$17.50 - \$45)

These issues all have impact on the quality of life of older persons and their access to these services.

Recently I spoke to two sitting MPs in our area and

discussed these issues with them. They agreed they all had relevance and pertinence but offered no direct solution.

It would seem appropriate that we make these election issues.

Comfort and quality of life are important for successful ageing.

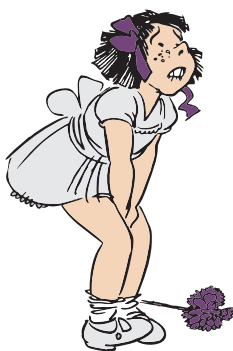
As we need to gather data on these advocacy issues, let us know of your experiences.

The National Advisory Group health report identified money provided to DHBs is not apportioned and ring-fenced for aged care so could potentially influence care availability with the increasing numbers coming into the over 65 year age group.

Further investigation will be undertaken via DHB waiting lists.

Attention all women...

Do you have a wetting problem?



When you cough, sneeze, laugh, run, jump, dance...

- Do YOU plan outings around toilet stops?
- Do YOU need spare underwear "just in case"?
- Do YOU go to the toilet twice or more a night?
- Do YOU have problems with bowel function?
- Do YOU have decreased sexual sensation?

40001

You do not need to put up with this problem!



BRENDA HOLLOWAY
Specialising in women's pelvic floor problems

Women's Health Centre
83B Tristram St, Hamilton

ph (07) 838-3400

brenda@brendaholloway.co.nz • www.brendaholloway.co.nz

Brenda Holloway MNZSP

Dip. Physiotherapy (Otago), Dip. Post-Grad Uro-Gynaecology, Women's Physiotherapist



Good News.

The popular cafe operating at the Celebrating Age Building in Victoria Street is open for business again.

The many visitors to the building will now be able to enjoy tea and coffee...real coffee at last. Cappuccino and flat whites or tea served with delicious savouries, cakes, and sandwiches. Light meals will be available at great prices too.

The new managers plan to have a special event once a month starting with a special St Patrick's Day lunch. Pop along and meet the new ladies and lend your support.



When support is required to continue living life to the full, Radius Care aims to make the transition into aged care as smooth as possible.

New Zealand owned and operated, our Kiwi values ensure residents are important beyond their medical needs. It's also about providing the best lifestyle possible, supporting their hobbies and interests, and making our home their home.

If you have any questions or would like to look around, please feel free to call or drop in for a chat at any of our three facilities in the Waikato.

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www.radiuscare.net.nz or 0800 737 2273

Grey Power energy report - December 2015

FROM **BARRY COPE**,
Hamilton Grey Power

Electricity generation in NZ in 2014 was (hydro: 57.5 percent, geothermal: 16.2 percent, gas: 15.7 percent wind: 5.2 percent, coal: 4.3 percent, biofuels: 1.5 percent)

Staff earning more than \$280,000 in the electrical power industry in 2014 were: Contact Energy, 41; Meridian Energy, 27; Mighty River Power, 16; Genesis Energy, 12; Trustpower, 9. (Figures from The press, 4-12-2015)

Eighty percent of New Zealand's electricity is generated from renewable sources that don't emit greenhouse gases.

The figure represents the almost unparalleled quality of our country's hydro, geothermal wind resources. European countries have battled to trim their carbon emissions by subsidising the construction of wind farms far out to sea or on high plateaux. New Zealand's competitive electricity

market is possibly making the elimination of coal and gas-fired generation harder since three-quarters of approved new capacity is from planned wind farms, with the balance from proposed geothermal, hydro and tidal generation. Instead of completing the switch to renewables, energy companies are lobbying Genesis to delay closure of its coal-burning Huntly power station. It is planned to be closed in 2018. There are 13 companies that contribute electricity to the national grid and 22 retailers.

New Zealand could cut its greenhouse gas emissions by about 20 percent if it generated all its electricity from renewable resources and switched to electric cars by 2030.

Allowing for growth in industry, the amount of electricity would need rise by 11 percent from the current annual figure of 42 terawatt hours to accommodate the switch to all

electric vehicles by 2030.

If the Tiwai Point aluminium smelter shut down it would free up about 1.05 gigawatts of electricity which would swamp the market for a decade and send wholesale prices tumbling.

Meridian Energy has applied to Environment Canterbury to lower the level of Lake Pukaki to 505 meters during electricity supply alerts triggered when the electricity authority predicts a 4 percent chance of a national power shortage as in a drought year. (Timaru Herald 17-11-2015) Dairy farm energy costs could be reduced by up to \$42 million a year if farmers installed efficient mild chillers which also reduce hot water costs and insulated their vats.

Nationwide dairy farmers spend \$250 million a year on power of which 17 percent (\$420) is used on refrigeration and 24 percent (\$60m) for hot water (Waikato Times 17-11-2015)


Powershop owned by Meridian has signed a franchise agreement with RWE power, the UK business of German utility RWE one of the Big Six energy retailers in the UK, holding about 10 percent of market share of the 50 million gas and electricity accounts in UK.

(Dominion Post 18-11-2015)

There is no quick fix in improving Fonterra's energy footprint. The dairy co-operative is one of the country's largest burners of coal for the thermal energy using it to power 10 out of 29 of its manufacturing sites including seven in South Island. It also generated geothermal energy from gas light fuel oil biogas or from on-site co-generation facilities.

Altogether this comprised 85 percent of its energy needs with the remaining 15 percent generated from electricity.

Well-respected Barry Cope delivered this column some time before his untimely departure. RIP Barry.





James R. Hill

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Are you having problems with your vision?

There are many causes of vision loss, and conditions of the eye such as Cataract and Glaucoma, that we can diagnose and treat.

One specific disease called Macular Degeneration causes progressive loss of vision in the centre of your visual field but leaving your peripheral or side vision intact.

It is the leading cause of legal blindness and severe vision loss in New Zealand (It does not result in total or 'black' blindness). One in seven New Zealanders over the age of 50 years are affected. Smokers are three times more likely to develop the disease and at least a decade earlier than non-smokers. People with a family history of macular degeneration have a 50% chance of developing the disease.

Symptoms may include

Difficulty with reading or any other activity that requires fine vision

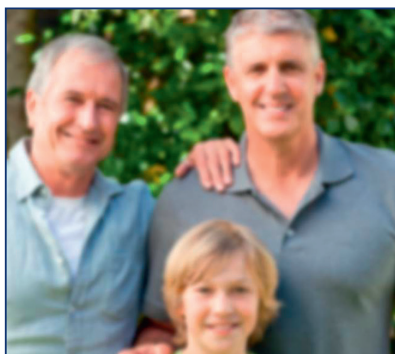
Everything looks blurred or distorted

Distinguishing faces becomes difficult

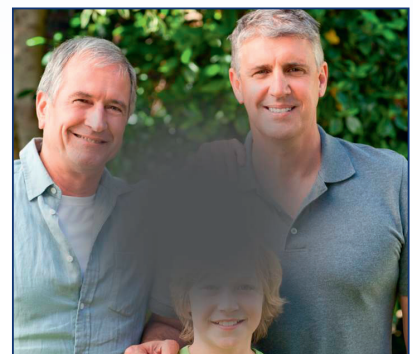
Dark patches or empty spaces in the centre of your vision



Normal Vision



Blurred or Distorted Vision



Loss of Central Vision

If you are concerned about your vision you should talk to your GP or Optometrist, or contact us to find out about an appointment with one of our specialists. Our email for an appointment is appointments@hamiltoneyeclinic.co.nz or phone us directly.

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As an experienced provider of dementia care, we understand the effects of dementia on our residents and their families. Knowing this, we strive to make our Dementia Care Service as comfortable and as possible, to help support our residents and make them feel right at home. We have opened a second dementia care unit. Our two Dementia care units are nestled in our 26 acre property, surrounded by beautiful gardens and attractive shaded areas.

Respite Care (Dementia)

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We recognise that sometimes, caring for one another can be difficult. At Tamahere Eventide, we offer respite care as one way we can help to share the load, and support you, caring in your home.

Our respite care service offers a visit to our community, where our visiting residents will enjoy the full care and professional service that our permanent residents do. This provides a helpful break for family members who are caring for their loved one, and also an uplifting experience for our respite care residents. We have two really lovely respite bedrooms in our Dementia units and we are experienced at caring for our visiting residents and providing them with a warm atmosphere that they will delight in during their stay.



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Older drivers more at risk

We all age differently, so there's no hard and fast rule around when to stop driving.

However, older drivers are more at risk of an accident and are also more likely to be injured or die following a crash. According to Statistics NZ, senior road users (over 75 years) accounted for 478 injuries and 32 deaths on the road in 2014. What causes this increase? As we age, factors such as decreased vision, impaired hearing, or slowed motor reflexes may become a problem. You may have a chronic condition that gradually worsens with time, or you may have to adjust to a sudden change, like a stroke. Ageing tends to result in losing strength, coordination, and flexibility, which can have a major impact on your ability to safely control a car.

For example:

Pain or stiffness in your neck can make it harder to look over your shoulder to change lanes, or look left

and right at intersections to check for other traffic or pedestrians. **Leg pain** can make it difficult to move your foot from the accelerator to the brake pedal

Diminished arm strength can make it hard to turn the steering wheel quickly and effectively.

You may have driven your entire life and take great pride in your safety record, but as you age, it is critical to accept your driving ability will change. To continue driving safely, you need to recognise that changes can happen, get help when they do, and be willing to listen if others voice concerns.

At OTRS, our occupational therapists look at the impact of disability, illness or ageing on your medical fitness to drive – making recommendations to ensure your safety on the road.

When it's time to have your driving assessed or you'd like to refer someone, phone OTRS on 0800 687 748.

POEM OF THE YEAR

*The computer swallowed Grandma,
Yes, honestly it's true!
She pressed 'control and 'enter'
And disappeared from view.
It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.
I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.
In desperation, I asked Mr Google
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'
So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy, Scan' and 'Paste' her,
And send her back to me ...*

This is a tribute to all the grandmas and grandpas, nanas and pops, who have been fearless and learned to use the computer...

They are the greatest!

We do not stop playing because we grow old;
We grow old because we stop playing ...

NEVER be the first to get old!

Be safe on the road.

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President's tribute to Barry Cope shared at his Memorial service

IN CELEBRATING BARRY'S LIFE HERE TODAY I'D LIKE TO GIVE YOU AN INSIGHT OF THE MAN I KNEW.

The Hennebrys' relationship with Barry goes back 45 years when he taught my brother Michael at Hamilton Boys' High. Later, he was part of a group, along with my father Ken and others, who fought against the electricity power reforms brought in by the government and the minister Max Bradford who drove this.

Barry was totally against these reforms, he believed it was a bad idea and time has proved him to be right.

He was vocal about the sale of the WEL Networks to Utility Corp and was part of a group who successfully fought to regain ownership of the asset from the Americans.

Barry was anti-fluoride, he held a science degree and he was convinced that it wasn't good for any of us – he saw it as a poison with the capacity to create brittle bones.

Lately my association with Barry was through the Hamilton Citizens and Ratepayers Association and most recently as a committee member of Hamilton Grey Power.

His interest and knowledge of the electricity industry made him the ideal person to hold the electricity portfolio on the committee.

He was well regarded locally, at zone level and by Grey

Power's national body. He attended numerous national AGM's on our behalf.

I'd like to read an excerpt from a compassionate and caring submission Barry wrote last year to the Hamilton City Council against the sale of Hamilton's pensioner housing.

He said: "The city's concern to exit the provision of pensioner housing is a worrying decision, indicating a policy switch to abandon the provision of social responsibility to those elders on limited incomes.

"It is a tragic change of care to those who have contributed to Hamilton's past until now. It's a process of worry to those who exist on limited means.

"Those who are in the twilight of their lives and who run the risk of increased costs of accommodation and rising stress."

For me these words sum up Barry.

On behalf of the Grey Power committee, I would like to express our sadness at his passing.

ROGER HENNEBRY

President

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Amber Garden Centre: Getting ready for autumn

AS THE SUMMER BEGINS ITS DESCENT INTO AUTUMN, THE GARDEN SEEMS TO BECOME MORE DEMANDING. WE ARE PREPARING SOIL FOR NEW CROPS, SOWING SEEDS, NURTURING SEEDLINGS, WEEDING, WATERING, DEALING TO PESTS AND DISEASE, HARVESTING, PROCESSING THE CROP AND COOKING, PULLING DOWN SPENT CROPS AS THEY FINISH AND FILLING COMPOST BINS. MARCH HAS GOT IT ALL.

March is a major harvesting period. The garden will be laden with crops like tomatoes, apples, berries, beans, sweetcorn and beetroot. There is a lot more time spent in the kitchen preserving, pickling and making relishes and sauces, ready for the colder winter months. But try and find time away from the kitchen, as the garden really needs you more than ever. Keeping up with the pest and disease watch is a constant battle, what was once one or two bugs a week ago could easily become thousands if left unchecked.



Disease is also a greater risk at this time of year as plants become exhausted from a season of growing and giving out. This makes it even more important to keep up the feeding and watering so the plants don't have to work as hard to get what they need to stay strong and reach their full potential.

Then if this wasn't enough to keep your green fingers



busy, we also need to look ahead to the new season coming and the cooler weather. To ensure the taste of fresh crisp vegetables all year round, now is the time to start planting brussel sprouts, leeks, cabbage, broccoli, silverbeet, spinach and keep those lettuces coming.

Protecting your seedlings with a fine net can keep them safe from butterflies laying eggs and will have the added benefit of providing a gentle shade from the heat of the day.

In areas where it's still hot and dry, focus on keeping flower beds weed free as weeds are generally in seed setting mode and reproducing flat out.



At Amber Garden Centre we now have our full range of pansies and violas, stock, primula, polyanthus, snapdragons and sweet william in store. New season Camellias, Rhodo-

Amber Garden Centre: Getting ready for autumn

dendrons and Azaleas are all in stock too.

Other things to think about this month

- Apply a side dressing of Tui novatec premium fertiliser to shrub borders and flower gardens.
- Fertilise fruit trees, citrus and lawns and water in well.
- Aphids and whitefly are all still moving about, particularly if the weather is very warm. Be vigilant and spray with insecticides as soon as they appear.
- Lay slug bait every few weeks to keep slugs and snails at bay.

Everything mentioned in this article is available at Amber Garden Centre



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A wonderful piece of trivia

ON JULY 20, 1969, AS COMMANDER OF THE APOLLO 11 LUNAR MODULE, NEIL ARMSTRONG WAS THE FIRST PERSON TO SET FOOT ON THE MOON.

His first words after stepping on the moon, "that's one small step for man, one giant leap for mankind," were televised to earth and heard by millions.

But, just before he re-entered the lander, he made the enigmatic remark "good luck, Mr. Gorsky."

Many people at NASA thought it was a casual remark concerning some rival Soviet cosmonaut.

However, upon checking, there was no Gorsky in either the Russian or American space programme.

Over the years, many people questioned Armstrong as

to what the 'Good luck, Mr. Gorsky' statement meant, but Armstrong always just smiled.

On July 5, 1995, in Tampa Bay, Florida, while answering questions following a speech, a reporter brought up the 26-year-old question about Mr. Gorsky to Armstrong.

This time he finally responded because his Mr. Gorsky had just died, so Neil

Armstrong felt he could now answer the question. Here is the answer to "who was Mr. Gorsky":

In 1938, when he was a kid in a small mid-western town, he was playing baseball with a friend in the backyard.

His friend hit the ball, which landed in his neighbor's yard by their bedroom window.

His neighbors were Mr. and

Mrs. Gorsky.

As he leaned down to pick up the ball, young Armstrong heard Mrs. Gorsky shouting at Mr. Gorsky, "Sex! You want sex? You'll get sex when the kid next door walks on the moon!"

It broke the place up.

Neil Armstrong's family confirmed that this is a true story.



Free UV apps can reduce skin cancer

A FREE SMARTPHONE APP UV2DAY THAT SHOWS THE CURRENT UV INDEX LEVEL, ITS PEAK VALUE, AND ITS PROGRESSION THROUGHOUT THE DAY IS NOW AVAILABLE FOR BOTH ANDROID AND IPHONES.

The UV Index measures levels of ultraviolet radiation (UVR) from the sun. In New Zealand's summer we have 40 per cent higher levels of UVR than similar latitudes in the northern hemisphere and high rates of skin cancer.

Forecasts of the UV Index (UVI) are provided for both clear skies and predicted cloud conditions.

The app includes messages on the corresponding time it would take for more sensitive skin to show effects of UV damage (ery-

thema).

Sun protection is recommended when the UV Index is 3 or more.

"Because New Zealand and Australia have the highest rates of melanoma in the world, we really hope this new tool will help reduce the incidence of melanoma and other skin cancers," said Waikato/Bay of Plenty Cancer Society health promotion manager, Melanie Desmarais.

The most recent statistics were 2366 new registrations for melanoma in 2013 and the rate is not declining.

"We hope that this app will help people be vigilant about their UV exposure. Support from the Cancer Society enabled migration of the app software from Android to iPhones."

The app was developed by Jeremy Burke (Christchurch and Sydney) in consultation

with Dr Richard McKenzie (NIWA Lauder (emeritus)) and other NIWA staff.

It uses the same UVI forecasts for the course of each day posted on the NIWA web site.

The app was developed in response to a request by Mr Jeremy Simcock (a plastic surgeon and senior lecturer at Otago Medical School) for a tool that melanoma patients, who require detailed information about UV levels, can use.

Advocate Kathryn Williams, who has melanoma, said: "These are great apps. We can now make good, up-to-the-minute decisions about our time outdoors, while still reaping the benefits of our Kiwi lifestyle and protecting ourselves from the harsh realities of the Kiwi sun."

Mrs Desmarais said the tool is useful for all New Zealanders because we

need to be SunSmart in the summer.

Sun protection is advised from September to April when the UV Index is 3 or more, especially between 10am and 4pm.

"This app helps people plan their sun protection needs and understand more about the UV Index and what it means.

"UV exposure is cumulative (builds up) over our lifetime."

The app works throughout New Zealand, Australia, the South Pacific region and Antarctica, and can be used in the winter for ski trips when sun protection is also advisable at high altitude.

Download the free uv2Day app from Google Play for Android phones or the App Store for Apple devices.

You can look up the UV Index at www.niwa.co.nz/ UV-forecasts



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